

### **Activities to Try at Home**

- https://www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home-duringcoronavirus-covid-19
- https://www.elsa-support.co.uk/coronavirus-story-for-children/
- Government Guidance- <a href="https://www.gov.uk/guidance/help-children-aged-2-to-4-to-4">https://www.gov.uk/guidance/help-children-aged-2-to-4-to-4</a> learn-at-home-during-coronavirus-covid-19
- https://www.nhs.uk/change4life
- https://www.thebestideasforkids.com/indoor-activities-for-kids/
- 50 things to do before you are 5 https://leeds.50thingstodo.org
- https://monkeyandmouse.co.uk/50-things-to-do-before-youre-5/
- https://www.pacey.org.uk/parents/learning-at-home/



#### Well-being

- Lucy's in Lockdown PDF file
- Stories to explain COVID- <a href="https://nursedottybooks.com/dave-the-dog-is-worried-">https://nursedottybooks.com/dave-the-dog-is-worried-</a> about-coronavirus-2/
- Everybody Worrieshttps://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx
- Body confidence https://www.pacey.org.uk/bodyconfidence/
- Yoga for children <a href="https://www.pacey.org.uk/news-and-views/pacey-blog/may-">https://www.pacey.org.uk/news-and-views/pacey-blog/may-</a> 2019/yoga-for-children/

## **Self-regulation**

Self-regulation is "a vital competency that is at the core of all success in learning and life. It is the ability to:

- identify and modulate emotions
- control impulses
- delay gratification
- make thoughtful and conscious choices
- set goals and achieve them



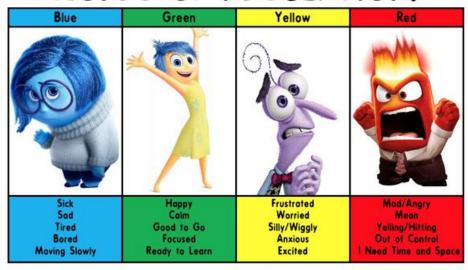




http://ageofmontessori.org/teaching-children-to-self-regulate/

https://raisingchildren.net.au/toddlers/behaviour/understanding-behaviour/self-regulation

## ZONES OF REGULATION!



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'Zones of Regulation' support pupils to manage and regulate their feelings and emotions. It aims to support pupils to identify different feelings and emotions and further develop mutual feelings and self-regulation strategies to support them when they are in different zones. The zones are described below:

Green zone- feeling calm and ready
Blue zone- energy running low
Yellow zone- quite strong but can manage
Red zone- very strong feelings- out of control

# Here are some ways that you can carry on supporting your child at home using the 'Zones of Regulation'

- 1. Use the 'zones' visual when talking about feelings and emotions
- 2 Ask your child throughout the day, "What zone are you in?", "How do you feel?",
- "Why are you in the \_\_\_\_\_ zone?" "What can you do to make you feel calm again?"
- 3. Model how you are feeling, for example, "I am feeling (yellow zone) because you're not helping me to tidy up."